

**FACT:**

**Suicide is the second leading cause of death among teenagers in Colorado.**

**FACT:**

**Suicide can be prevented.**

**You may know a young person who is having suicidal thoughts.**

**Teens who display self-destructive behavior want to talk.**

***Don't find out the hard way.***

**The only way to know if our teens are suicidal is to talk with them.**

***Start the conversation.***

In case of a suicidal crisis  
or for suicide prevention referrals  
call the crisis hotline:

**1-800-273-TALK**

*In an emergency call 911*

**Colorado Department of Public  
Health and Environment**

Office of Suicide Prevention  
303.692.2539

<http://www.cdphe.state.co.us/pp/suicide/index.html>



Colorado Department  
of Public Health  
and Environment



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# YOUTH SUICIDE PREVENTION



**it's your  
BUSINESS**

## ***What is the color of depression?***

**A teenager won't blink red to warn you about feelings of depression or suicidal thoughts.**

**But there are signs to warn us that someone may be *in trouble*.**

### **WARNING SIGNS**

- Giving away favorite possessions
- A marked or noticeable change in an individual's behavior
- Previous suicide attempts
- Statements revealing a desire to die
- Depression:  
*Crying, insomnia, inability to think or function, excessive sleep or appetite loss*
- Inappropriate "good-byes"
- Purchase of a gun or pills
- Alcohol or drug abuse
- Sudden happiness after long depression
- Obsession about death and suicide
- Decline in performance at school
- Deteriorating physical appearance
- Reckless actions
- Indirect references:  
*"I'm going away"*  
*"You won't have to worry about me"*  
*"I want to go to sleep and never wake up"*

## ***Start the Conversation***

**Talking with teens about suicide can be difficult...**

- *Acknowledge*: "Many people have thoughts about killing themselves."
- *Reassure*: "If you have suicidal feelings, you know you can talk to me. I care about you."
- *Ask*: "Are you thinking about suicide?"

## ***Start the Conversation***

**...Not talking with teens can be fatal.**

- One teenager dies by suicide every two hours in America.
- More American teenagers die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease combined.

**If you know a teenager (or anyone) who might be thinking about suicide and are not sure what to do, start by calling the toll-free national suicide crisis hotline:**

**1-800-273-TALK**

## ***GET HELP***

Teen suicide can be prevented.

You can help prevent it by reaching out:

***Start the conversation.***

In a crisis, many people feel unprepared. They are afraid of making things worse by saying or doing the wrong thing.

Fortunately, there are resources at many levels. Hotlines, local service agencies, state and local government agencies, and hospitals all have referral networks.

By the time you know for certain if a teen is seriously considering suicide, it may be *too late*.

Don't find out the hard way. ***Talk.***

**SUICIDE PREVENTION:  
It's Your Business**

### ***Project Safety Net***

Project Safety Net agencies provide referrals, crisis-counseling training and other related services. The program provides training for social services, juvenile justice workers and other professionals who work with at-risk adolescents, teaching them to recognize and respond to warning signs of suicide. The participating Project Safety Net counties are El Paso, Larimer, Pueblo, Weld and Mesa.

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